

Application No.: 10/043,657

IN THE CLAIMS:**Please amend the original claims as follows.**

1 - 12 (Previously Cancelled)

13. (Currently Amended) A hydration system comprising a flexible pouch including a plurality of layers all joined together to form an inner compartment and at least one outer compartment ~~two compartments, the~~ at least one of said compartments outer compartment for being filled with a thermal capacitance medium ~~comprising a gel~~.

14. (Previously Cancelled)

15. (Previously Amended) The system of claim 13, wherein said pouch is formed by a first bag surrounded at least partially by a second bag.

16. (Original) The system of claim 13, wherein said pouch is formed by a first sleeve surrounded at least partially by a second sleeve.

17. (Original) The system of claim 13, wherein said medium consists of a cooling medium.

18. (Original) The system of claim 13, wherein said medium consists of a heating medium.

19. (Currently Amended) The system of claim 13, further comprising a conduit having an inlet and an outlet, said inlet being in fluid communication with a the inner compartment for drinking fluid.

20. (Previously Amended) The system of claim 19, further comprising a valve at said conduit outlet.

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21. (Original) The system of claim 20, further comprising a pack configured to receive said pouch and be wearable by a user.

22. (Currently Amended) A hydration system comprising:
a flexible pouch including a plurality of layers, said plurality of layers being all joined together to form an inner compartment and at least one outer compartment ~~two compartments~~;
a conduit having an inlet and an outlet; and
a pack including a housing portion and straps,
~~wherein at least one of said compartments is filled with a gel, and at least one of said compartments~~ said inner compartment is for being filled with a drinking fluid,
wherein said conduit inlet is in fluid communication with said compartment for drinking fluid, and said outlet is capped by a valve, said valve being a bite-valve articulable by the jaws of a user,
wherein said drinking fluid compartment is in fluid communication with a sealable opening for filling said drinking fluid compartment, and
wherein said flexible pouch is ~~received~~ receivable within said housing portion of said pack.

23. (Previously Cancelled)

24. (Previously Cancelled)

25. (Previously Cancelled)

26. (Previously Cancelled)

27. (New) The system of claim 13, wherein said medium comprises a gel.

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28. (New) The system of claim 13, wherein said at least one outer compartment is formed on at least one side of said inner compartment.